Symptoms list pre-aneurysm treatment

Out of desperation to get out of pain, and out of debilitating fatigue, I began to be present in my body and take note of my issues. As I became aware, I realized that things were wonkier than I thought. My life history has been about ignoring body issues, unless they get in the way of you doing what you love to do, then act. I decided to listen to my body more carefully.

Misa Kelly

LYME

Both my tests came back negative, but I talked with a friend's mother who contracted Lyme, and she said, given my symptoms and exposure, she urged me not to rule out Lyme. Her Dr.'s told her it was impossible to get Lyme in Illinois, and she sought help from a Dr. in CT. Her lyme tests were all negative. He was convinced she had Lyme and confirmed it with a biopsy where her bulls eye rash was.

NOT WAITING FOR RIGHT ACTION AFTER RESEARCHING

Lyme specialist, Dr. Horowitz has developed a questionnaire and screening tool, and he states if your score is over 46, then there is a good chance you have a tick borne disease, and to consult your physician. My score was well over this. I Have adjusted nutrition to make my body not such a nice place to be if you are a Lyme bacteria, and have been also adding supplements. Two weeks ago I decided to give Cat's Claw a try looking over the Buhner herbal protocol. Eating a clean diet and testing out an herb can only help not har I had what seemed like a Herx reaction, couldn't sleep I was so miserable. Did research and implemented something to help with it, if it was a Herx, and began taking epsom salt baths, which helped. Also, I found a research article on the CA Lyme Association website about new research that lyme may be able to be transmitted sexually (https://www.lymedisease.org/lyme-sexual-transmission-2/) My spouse had a tick bite with a bulls eye rash in the 80s. He didn't have a GP then. This is a classic sign of Lyme, and in the view of Dr. Horowitz (who has treated thousands of Lyme patients) he considers this definitive proof. Since I have gone through menopause, we have had unprotected sex. Also found a scientific article that is curious about aneurysms and Lyme.
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2170070/

I am just eager to get my health back!

My goal is to take some money out of my retirement account and order a full lyme panel, with co-infections, from a lab that specializes

in testing Lyme. http://www.igenex.com/Website/

I systematically researched symptoms, and possible causes and with the tests done so far, it isn't these other things.

Since I've begun to be proactive with health, educating myself, and taking right action, I feel like things are swinging in the direction of health, and it will be a month at least I think after the aneurysm repair to flesh out what remains for consideration.

BODY ISSUES

I prepared this before going in last week Tuesday for an aneurysm repair. I don't have energy to track symptoms so I am letting go of this for now. I am focusing on rest, good nutrition, and my goal is to be able to dance again. I've grown so weak, fatigued, and other crap, my creative life has become all about stillness/mindfulness/gratitude, no active flow.

So frustrated with body - thought to begin keeping a journal of what I eat and what is going on.

Have been in good health my whole life, with the exception of some accidents, and a really gnarly case of shingles when I was 29 (I think, maybe 28). I have 4 bulging discs in my cervical spine. The past few years, in the fall, I've gotten a nasty cold. Last season it was with a fever, body aches, bronchitis - 3 1/2 months and also had a headache that lasted 3 1/2 months. I have really driven my body hard in life pursuing my passions and holding down a job to pay the bills.

ACTIVITY: I have cut back on activity and simplified my life: day job, eat well, rest. I am taking a ceramics class and do this one night per week.

2/15/2015 Cut out Cats Claw and Chlorella to prep for procedure. Not experiencing any "herxing",which is what I think was happening 24 hrs. after I used it, and also, MOSTLY OUT OF PAIN from the pain meds, but all plugged up. Taking it easy until procedure. Can walk around 20 yards, then head hurts, so stop walking. Having the aneurysm treated may clear other stuff up.

Chest pain/heart

was out for dinner with friend, started getting passionate about something, heart/chest pain. Eased up when I chilled out. Lasted around 45 minutes.

Headache

Last season I had a headache that lasted 3 1/2 months. In 2015 I had a headache at least once a week, it became a daily headache in September. 5 months into the headache - although it is there - it hasn't been as debilitating (have made some nutritional/supplement changes). It feels sometimes like something is shifting/moving in my head. I have detailed notes of the headache.

Weight Loss

I was running around 105-106, one month, down to 97 lbs. This hasn't been intentional. Have made nutritional changes no sugar, no caffiene, mostly no alcohol (had a glass of beer last night), local organic produce, low sugar fruits, eggs/shrimp/tilapia nuts and seeds for protein, been working on cutting out gluten next.

No Appetite/Nausea

The nausea has improved, but I don't have much of an appetite, I force myself to eat when I am not hungry.

Digestion

Constipated. It feels like it hurts for things passing through my bowels, right side of body. Use a product from TJ's when things really seem plugged up, and adding popcorn seems to help.

Tremor

mild shaking in my left hand, sometimes my right

Fatigue

Slight improvement. I run out of energy around 5:30 pm. In bed by 8:00 - try and stay up until 9:00.

Sleep difficulties

Sometimes trouble falling asleep, staying asleep, pain has been so bad at times it keeps me awake.

Extreme thirst

I have never been one to drink much H20, extremely thirsty, can't seem to get enough liquid. Dry lips, dry inside of my lips.

No Libido

My spouse has this too.

Cough

That seems to come and go, and isn't attached to any sort of cold or anything. My spouse has this too.

Losing strength

Trying my best to keep up exercises, losing strength and stamina. Not able to dance.

Winded easily

I began to notice this a year or two ago actually. Difficult to walk up hills/stairs, get winded really easily. Sometimes it feels like I am not able to take as full of a breath as I used to be able to.

Difficulty regulating temperature

Get really cold, can't seem to get warm, get in bed to warm up. My temperature has been running 96.8-97.4 when I take it. Also get hot and itchy and sweaty that feels really different than the hot flashes I would get while going through menopause. I looked in the mirror the other day to see if my face is flushed when I am hot, and noted it is hot.

Skin

itchy on and off, different parts of body

dry, scaly skin

Dry inside of my mouth

Growth: question about a growth that was white and has turned brown, now black - just because literature says you should ask your Dr. about this. Saw Dr. today, he said it was benign.

Have noticed these tiny red dots that appear on my chest, belly. Stephen has these two.

Body Reconditioning

Part of this is process, and what I was interested in exploring, but part of this is just a loss of strength, getting weaker and weaker, first feeling winded walking up hills.

Hair

Hair loss: head, under arm pits, legs, pubic hair (almost bald - ha ha ha!) - I want to know if this amount of hair loss is normal for post-menopausal women. Stopped monthly flow - I think 7 years ago.

Very dry hair

Muscle

muscle spasms and tightness that goes around different parts of the body.

right thigh underneath, left thigh on top and side, right calf muscle, left forearm, right forearm.

Joints

Comes and goes - bilateral shoulder pain, pain in elbows, knees, fingers.

Puffy knees, wrist pain - both wrists.

Spine

Pain and cricks in mid-back, neck area, low back no pain

Flank pain

For a number of years actually, pain in my upper right abdomen that wraps around the back, and under the ribs.

Feet

Soles of feet began to ache on and off now and then. I haven't observed this in the last month.

Balance

Vertigo, dizziness, lightheaded, woozy - comes and goes.

Fall flat on my face 2x this fall. When I was getting up from getting something from the fridge last week I had to hang on to the

Fell flat on my face 2x this fall. When I was getting up from getting something from the fridge last week I had to hang on to the counter because I thought I was going to black out.

Cognitive Issues

I had four episodes of suddenly not being able to find words, when I spoke, I noticed my speech was slurred, my neck was tight, and the headache intensified. The slurring of the speech seemed to last for a day, then would clear up. I have difficulty with aphasia. Although I feel like there is some improvement, I have noticed difficulty processing information, and not being able to comprehend things as well. My short term memory is really poor. I also have thought I was writing one thing and when proving, see I substituted a different word - both typing and long hand.

Swallowing

I experience difficulty swallowing on and off

Jaw/Teeth pain

On and off - seems to be improving - gets more intense when headache is intense

Ear pain/pressure

On and off. More intense with right ear

Eyes

Increased floaters (had this checked out already) With some headaches, pain behind eyes, more strongly behind right eye.

Itching

Itchy around joints. I observed an uptick when I added Cat's Claw - especially my knees - hot and itchy. The itching around the knees has cleared. Then it moved to my elbows.

Crawling sensation

Feels like something is crawling on my scalp, itchy.

Managing Stress

I can't manage the type of activity I used to - I get irritated really easily, frustrated easily, and don't have much patience, also tend to get a little weepy (which is REALLY unlike me). Both my Psychiatrist and therapist say I am not depressed.

Brain Power

Don't have the ability to process information like I used to. Can only do so much admin work. Seems like mental exercise at times increases the headache.

Mild Bells Palsy

I noticed this when reviewing videotapes from rehearsal and I was demonstrating a new dance technique I have been developing and

in a really relaxed state, my right side droops. My husband also has this! His is more pronounced.

Right Breast Pain

Comes and goes. Last week it felt as bad as the shingles pain I had when I had shingles. The pain seems to wrap into the ribs. Also felt some in left breast.

Tinea Versicolor

I have had this on and off over the years. When they shaved my pubic hair for Thursdays procedure, I noticed I had a rash under the pubic hair! Oh no!

Partner

My partner has some similar symptoms. I have observed things cognitively about him, and he can't get comfortable to sleep, and wakes up in the night, disrupted sleep. So this makes me wonder if it is something sexually transmitted, or something in the environment, or maybe just a freak coincidence.

Frustration

There have been times when I think to myself, I can't live in a body that is this miserable, and have seriously questioned if my physical body is crashing, and have wondered if I need to get my affairs together, or if I might not be alive for too much longer. Over the weekend, I felt a shift as if life was starting to flow back in me. I have never experienced anything like this in my life, and I've been through some pretty gnarly things.

Eyes

Sensitive to light

Ears

Sensitive to sound - ask my spouse to stop playing piano because can't stand the loudness

Auditory Hallucinations

hear blips and beeps

Genetics

Father had a stroke, was confined to wheelchair, died of prostrate cancer, an uncle died of a heart attack in his 50's, a sister with breast cancer/PTSD/graves disease/spinal stenosis, my mother was hypo-thyroid, a brother with tumors in his brain and along his spine, an aunt with Alzheimers, one grand parent that developed dementia. Just learned that my Grandfather on Slovene side had two strokes that impaired cognitive function, from which he recovered - my brother thought caused by a brain aneurysm. I also just learned that when my aunt was being diagnosed with Alzheimer's they saw a white spot on her brain they thought might have been caused by a stroke.

Childhood Adversity Scale

I took this quiz and rated an 8. Studies have shown a correlation between early childhood adverse experiences and a higher risk for certain things. Interesting.

http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean

I have been getting support for the effects since 1994. At first I started having nightmares, then contracted shingles, then I began to have abreactions/body memories. I began the therapeutic journey and let my lifework as an artist be my primary vehicle of healing. Finished my BA in dance/business, completed an MFA, then poured my energy into my artistic life building up my dance company into an international arts collective. Had ten years of therapy, then stopped at suggestion of psychiatrist, had a PTSD flare up beginning of 2014 in response to writing/publishing my memoir. Went back to therapy, and sought out a different psychiatrist at her urging. At tail end of this journey! After 22 years. Use med support as a PRN for periods of extreme terror/fear an panic/anxiety as well as sleep disorder. Have not used any meds since before Thanksgiving (clonazepam for panic attacks, seroquel for sleep/anxiety)